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WHO WANTS PIE? TAKE A LOOK AT THIS RECIPE, AND YOU PROBABLY WILL {page 16}



EX-TINA
RUMOURS SWIRL AROUND DIVORCE DISH {page 14}



EDMONTON metro®
Monday, October 18, 2010
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Make your voice heard

Municipal candidates in home stretch as Edmontonians go to the polls {page 3}



▶ Edmontonians will vote today to decide who their next mayor and councillors will be.

Metro Work

Food for thought on a Monday commute

Avoiding office gossip ◆ A happy story about junk {page 19}

Making children love pizza even more



New kids book explores history and science of fave foods {page 15}

Misery clearly loves company

Mining the miserable for comedic effect {page 11}

Canadians rock the Walk

Eric McCormack among Walk of Fame inductees {page 13}

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Pothead lights up the night

A pothead is being blamed for a fireball that lit up the evening sky on Saturday.

An EPCOR spokesman said a failed piece of electrical equipment — a pothead — likely caused the explosion at a substation near 106 Avenue and 104 Street.

A pothead is a pot-like shaped insulator, which is used to connect underground electric cables to overhead lines.

At around 8:30 p.m., the fireball was seen shooting 30 to 40 feet in the air, and Edmonton Fire Rescue was called to the scene.

EPCOR's Scott Lundy said the reason for the failure is still under investigation, but no one was injured in the incident and there was no disruption in service.

No word yet on a damage estimate for the substation. METRO EDMONTON

Potheads have less to light up

Police busted two pot operations northeast of Edmonton over the weekend.

A joint investigation between two RCMP detachments netted marijuana plants, cultivated marijuana, hashish and two firearms.

Police also seized about $13,000 in Canadian and American currency.

Bernie Gamache, 37, of St. Paul has been charged with numerous offences. Gamache is out on bail and is ordered to appear in St. Paul court on Oct. 21.

Elk Point RCMP say charges are pending against a second man.

METRO EDMONTON

ANDREAS MORSE/METRO EDMONTON



▶ Lori Jeffery-Heaney, who's running in Ward 8, is one of 61 people hoping to win a council seat in today's election.

Decision day in Edmonton

Early birds out in record numbers ◐ All you need to vote is one piece of valid government-issued identification



ANDREAS MORSE
@METRONEWS.CA

Candidates in the municipal election spent the last few days leading up to today's vote knocking on doors, waving at drivers and meeting with community organizations.

And if advance polls are any indication, Edmonton's civic pride is strong and vibrant. After two weeks of advanced voting, nearly 18,000 Edmontonians have had their say on who will represent them on city council, according to the Office of the City Clerk.

That's double the number of people who voted in advance in 2007, and more than any other Edmonton election in 20 years.

Voting stations will be open from 9 a.m. to 8 p.m. City official Steve Thompson said voters will need government identification to cast their ballot.

"The easiest one, of course, would be your Alberta driver's licence," he said. "Anything that is a government-issued ID, especially if it has a picture and your birth date on it, is ideal."

Where-to-Vote notices were delivered to Edmonton homes the first two weeks of October. If you missed it, visit www.edmonton.ca/election to find out where to vote and who your candidates are.

The numbers

Voters will have plenty of decisions to make today.

- **Mayor:** Seven candidates
- **Wards:** 61 candidates vying for 12 seats
- **Public school trustee:** 24 candidates vying for nine seats
- **Catholic school trustee:** 20 candidates vying for seven seats

1 news

News on the move

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Delays in issuing work permits to refugees leave Canadian taxpayers on the hook. More at metronews.ca/immigration

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WORKPLACE SAFETY

Job site deaths being looked in to

Alberta Occupational Health and Safety is investigating three separate deaths on Alberta job sites in three days last week.

An Alberta man died at the scene after sustaining head injuries while off-loading piping at a yard at Tuboscope Canada outside of Edmonton on Saturday morning.

On Friday afternoon, a man fell off a ladder while doing construction work at CFB Edmonton. According to an Alberta Employment and Immigration spokesperson, the man was working on a building at the military base when he fell and sustained a serious head injury.

He died in hospital later Friday evening.

In Fort Chipewyan, a 42-year-old contractor died on Thursday night after he was backed over on a Canadian Natural Resources Limited site.

None of the workers' identities has been released. METRO EDMONTON

Police searching for murder suspect

Police are looking for a white or tanned skinned man in connection with the city's 21st homicide of 2010.

Scott Shane Brown of Edmonton died in hospital on Thursday night after police found him in the area of 158 Avenue and 98 Street.

The suspect is in his 20s, has a stocky build, and was wearing a black hoody, black pants and a black ball cap.



▶ The suspect's cap.

Police say the suspect lost both his shoes and his cap when he fled the scene.

Police say they do not believe the incident to be a random act.

METRO EDMONTON



A helping hand for the city's homeless

More than 1,000 people attend latest Homeless Connect

KATHY LE
EDMONTON@METRONEWS.CA

With full stomachs, new hair cuts and a lot of information from health care to housing at hand, guests at the fifth Homeless Connect event were all smiles and in relaxation mode yesterday.

Lining up to get his teeth examined by volunteering dentists and assistants, Rob is hoping to get a fresh start after losing his construction job.

"This is great. I'm taking care of things," he said. "I'm just looking for some other camp to get on."

Part of a 10-year project funded by Homeward Trust Edmonton, a community based organization, Homeless Connect is one of the solutions to end homelessness in the city.

"There's a lot of people here who are at risk of homelessness or just dealing with issues of poverty and crisis," explained Susan Mcgee, executive director of Homeward Trust.

"They are here getting support to prevent them from becoming homeless."

KATHY LE FOR METRO EDMONTON



▶ A little girl gets her hair cut at the fifth Homeless Connect event held at the Shaw Conference Centre yesterday.

All of the services provided such as eye examinations, legal aid, and counselling are free. There were 450 volunteers on hand to help guests go through the services and more than 1,200 people attended.

Police say letter was hoax

Police are calling a Halloween hoax targeted at Hutterites a tasteless prank.

RCMP say a letter sent to Hutterite colonies in Manitoba and Alberta warning of the planned abduction, torture and murder of a child as part of a Halloween ritual is a hoax.

The letter was sent to three colonies in Manitoba and was then circulated to Hutterites living in Alberta as well, according to Const. Todd Olson.

He says police took the threat seriously but now believe it was nothing more than a tasteless prank.

The file will remain open and Olson says whoever sent the letters could be charged with uttering threats or hate crimes.

Paul Hofer from the Little Bow Hutterite Colony south of Calgary says someone was trying to scare colony members, but he doesn't believe the threat is real.

METRO EDMONTON



Sex sells at Taboo show

Annual exhibition of all things sexy continues to grow in popularity

The 10th annual Taboo Naughty But Nice Sexy Show wrapped up with a twist yesterday.

Demonstrating an upside-down move on the pole, Jennifer Liddle from Aradia Fitness explained how this form of dancing can have dual benefits.

"Our fitness program is very much based on physical fitness but we also really incorporate a sensual side," said Liddle. "We work with ladies of all backgrounds, of all ages, and we really want to inspire confidence in these women."

Like Aradia Fitness, dozens of other vendors filled the Edmonton Expo Centre to offer guests different ways to enhance the intimate aspect of their lives. Although the title of the show may have some raising their eyebrows, Joe Papa, show manager, maintained that the show isn't what some initially perceive it to be.

"It's not hardcore, dirty sexy," said Papa. "It's more about sensuality, romance, and learning how to enjoy each other at home and stuff like that. We have a lot of informational seminars."

KATHY LE/FOR METRO EDMONTON



▶ Jennifer Liddle from Aradia Fitness twists around a pole at the 10th annual Taboo Naughty But Nice Sexy Show yesterday.

The popularity of the show is increasing every year. KATHY LE

Centre goes ghostly for a good cause

The Edmonton Expo Centre looked festive for Halloween yesterday as hundreds of kids dressed up in costumes came with family to the eighteenth annual Scarecrow Festival.

With the event growing in popularity over the years, Theresa Alvarado explained why she brings her grandchildren, Aysha and Denyella Napper, every year: "Not all the festivals are as family friendly as this particular one in terms of finance. Especially with her (Asysha) not being in school, it gives them a place to celebrate and wear their outfit other than trick-or-treating."

In addition to the petting zoo, inflatable obstacle courses, and coffin and pumpkin decorating, the festival is also for a good cause.

"All proceeds from this event go towards ABC Head Start, which is a wonderful program that helps low-income kids and their families really get a head start before they hit kindergarten," said Brenda McCleallan, the Scarecrow Festival chairperson.

In the last 17 years proceeds from the festival for ABC Head Start have totalled $1.75 million. This year the goal is to raise $60,000. KATHY LE



Williams set to plead guilty in court today

Details of his double life expected to be heard Former commander faces automatic sentence of life in prison

Lurid details of the self-professed double life of Col. Russell Williams are expected to be brought before the public starting today, when the former rising star in the Canadian military is scheduled to plead guilty to murdering two women, sexual assaults and a slew of other criminal charges.

Williams, 47, was the commander of the country's largest military airfield, CFB Trenton, until he was arrested in February and charged in the deaths of Jessica Lloyd, 27, and Cpl. Marie-France Comeau, 38.

The stark contrast between the two images — that of a seemingly "well-adjusted," successful military man and an alleged depraved sexual predator — has drawn intense public attention to the case.

STEVE RUSSELL/TORSTAR NEWS SERVICE



Col. Russell Williams leaves the Belleville, Ont., court recently.

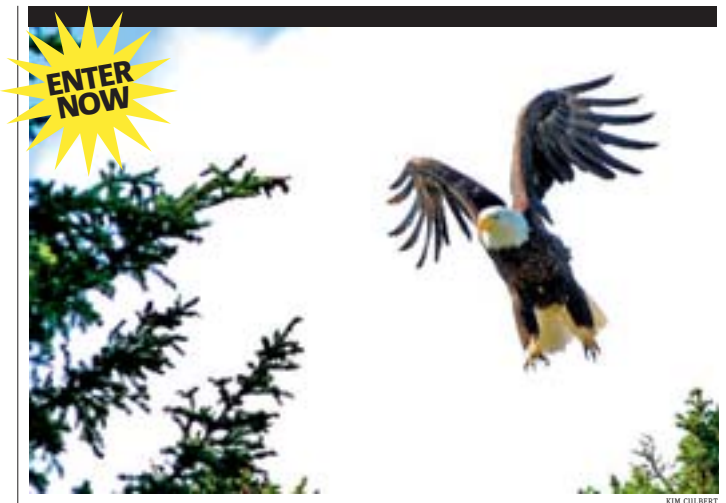
Hearing

- Today's guilty plea will be followed by a sentencing hearing at which victim impact statements will be presented to the court. The hearing is expected to last several days.

Earlier this month a lawyer for Williams told the court his client would plead guilty to all charges.

He faces an automatic sentence of life in prison with no possibility of parole for at least 25 years.

THE CANADIAN PRESS



KIM CULBERT

Soaring high

Today's photo of the day is by Canadian Kim Culbert and was submitted in the Favourite Spot category. The photo is titled: Mr. Eagle. Enter your photos today and view more pictures at metrophotochallenge.ca.

PHOTO CHALLENGE

Media frenzy for Chile miners

Chile's 33 rescued miners are getting substantial offers of money for their story, but made a pact to say little about their 69-day ordeal while negotiating movie and book rights.

They even hired an accountant while underground to track and share the proceeds, their friend, shift foreman Pablo Ramirez, told The Associated Press.

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JONATHAN HAYWARD/THE CANADIAN PRESS



▶ Police officers from across Canada attend a news conference by Olympic security officials during an exercise in Vancouver on Feb. 1.

Games security budget attacked

Critics have long said security effort for Olympics was excessive Tangible threats appeared non-existent

They were ready for bombs, but fights were the only thing the RCMP appeared to have to diffuse during the 2010 Winter Olympic Games.

There were 876 incidents in the Mounties' emergency management software database during the Games, according to a summary obtained by The Canadian Press under the Access to Information Act.

They included various protests, suspicious packages, assaults, thefts, car accidents and even reports of police officers losing their ammunition and ID.

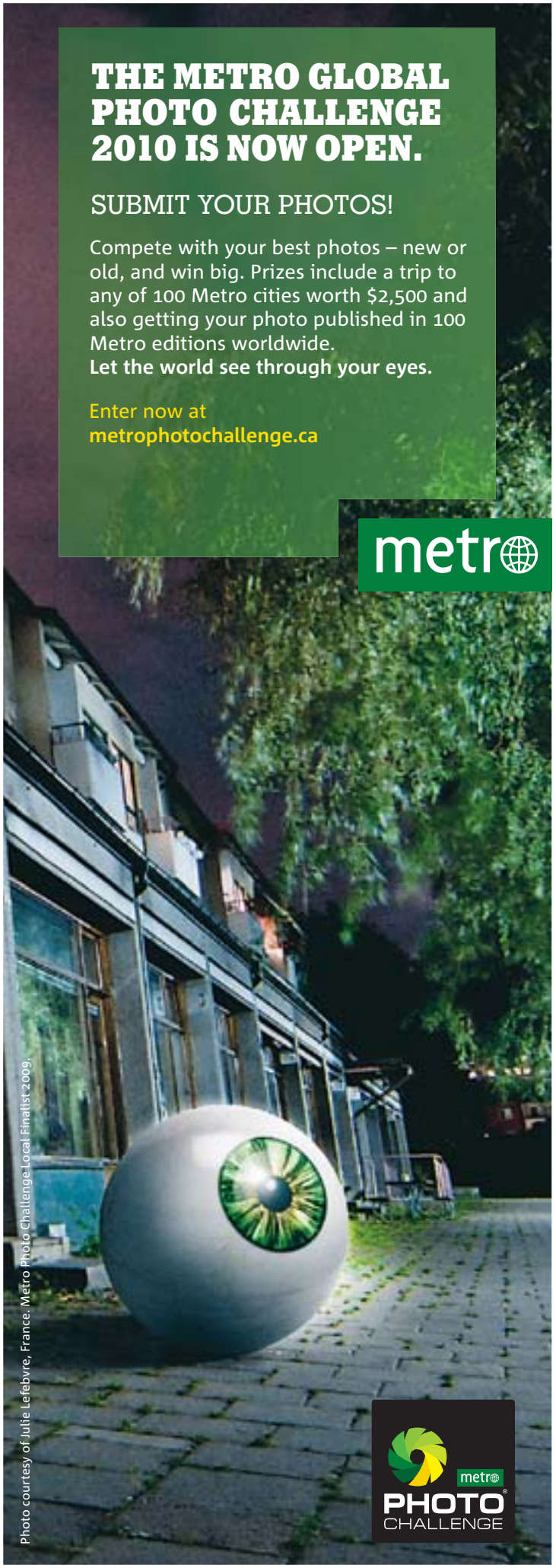
Many of the incidents turned out to be nothing and, in the end, the RCMP-led Integrated Security Unit was able to scale back its security efforts from a medium-threat level plan to a low one.

As a result, the Mounties will announce this week that they only spent about $523 million of their $558-million budget.

Details are expected to be released Wednesday, but a final figure won't be tallied until the RCMP sells off assets acquired during the Games. THE CANADIAN PRESS







Rescuers try to free 11 trapped Chinese miners

26 dead after gas blast at Pingyu mine in Yuzhou city Chances of survival slim for those still missing

KEN TEH/AP PHOTO



▶ Relatives keep a vigil outside the rescue site.

Frantically working rescuers feared the 11 Chinese miners trapped by a deadly gas blast may have suffocated or been buried by coal dust, as loved ones kept a vigil yesterday and the death toll rose to 26 with five more bodies recovered.

The Chinese mine drama unfolded as the world was still celebrating Chile's successful rescue of 33 miners trapped for more than two months.

Du Bo, deputy chief of the rescue headquarters, told the state-run Xinhua News Agency that hopes that the others were still alive after Saturday's early morning blast were slim.

"Based on past experience, the remaining 11 miners could be buried in coal dust, so the survival chances are frail," Du said.

Rescuers had to clear tons of coal dust from the mine shaft to reach the trapped workers, and they faced dangerous gas levels and the risk of falling rocks as they worked their way into the mine pit.

An initial investigation showed that 173,500 cubic metres of gas rushed out, Xinhua said, citing rescuers. The outburst generated enough force to throw 2,500 tons of coal dust into the mine pit.

"Fortunately there was no gas explosion. Otherwise, the consequence would be disastrous," Xinhua cited a rescuer surnamed Wang as saying. He said most of the victims were believed to have suffocated. THE ASSOCIATED PRESS



Doll. Sales



▶ Part of the "Barbie, A Fashion Fairytale" promotion at Mattel's corporate headquarters campus.

REED SAXON/THE ASSOCIATED PRESS

Still sells

Strong sales gains for dolls including Barbie and Disney Princesses helped Mattel's third-quarter net income increase 23 per cent.

Bombardier introduces two new jets

Bombardier is reasserting its status as the world's largest business jet manufacturer with the introduction of two new business aircraft. The Montreal-based company says the Global 7000 and Global 8000 aircraft will combine longer distances with improved fuel efficiency and increased comfort. It made the announcement Saturday, ahead of the National Business Aviation Association's convention this week. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

Dollar	Oil
- 0.56¢ US ($98.83)	- $1.44 US ($81.25)

Natural gas 1,000 cu ft	TSX
$3.535 US (- 12.2¢)	- 10.62 (12,609.07
Gold contracts $1,372 US (- $5.60)	

U.S. aims to boost online safety

[illegible] a plan to increase cyber security

The U.S. government is reviewing an Australian program that will allow Internet service providers to alert customers if their computers are taken over by hackers and could limit online access if people don't fix the problem.

Obama administration officials have been meeting with industry leaders and experts to find ways to increase online safety, as they try to strike a balance between securing the Internet and guarding Americans' privacy and civil liberties.

Cyber experts and U.S. officials are interested in portions of the plan, slated to go into effect in Australia in December.

But any move toward Internet regulation or monitoring by the U.S. government or industry could trigger fierce opposition from the public.

The discussions come as private, corporate and government computers across the U.S. are increasingly being taken over and exploited by hackers and other computer criminals.

White House cyber co-ordinator Howard Schmidt told The Associated Press that the U.S. is looking at a number of voluntary ways to help the public and small businesses better protect themselves online.

Possibilities include provisions in the Australia plan that enable customers to get warnings from their Internet providers if their computer gets taken over by hackers through a botnet.

A botnet is a network of infected computers that can number in the thousands, and that network is usually controlled by hackers through a small number of scattered PCs.

Computer owners are often unaware that their machine is linked to a botnet. THE ASSOCIATED PRESS

Cyber security

In Australia, Internet providers will be able to take a range of actions to limit the damage from infected computers, from issuing warnings to restricting outbound email.

▶ **Aussie rules** Providers could also temporarily quarantine compromised machines while providing customers with links to help fix the problem.

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VOTING GIVES YOU RIGHT TO COMPLAIN

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TERENCE HARDING



Well, it's Oct. 18, election day. By 8 p.m. it will all be over but the counting.

For the past few weeks, hundreds of men and women have been working very hard for the candidates of their choice. They have been knocking on doors, dropping brochures into mailboxes, pounding in signs, attending forums and making phone calls.

And they did that not because they didn't have anything better to do, but because they believe a particular candidate can make a difference and that voting matters.

Unfortunately, those committed people are not representative of the great majority of Edmontonians, if the last election results are any indication.

Last time out, more than 70 per cent of us couldn't be bothered to vote and just let the election slide by.

That is a sad thing given that we live in a world where many people haven't any option at all when it comes to choosing those who govern them and a world in which many people are willing to risk death just to have a chance to try and make a difference.

"If you are one of the people who chose not to vote in the last election, I encourage you to do so this time, if for no other reason than to acknowledge the work of those who have asked you to do so."

If you are one of the people who chose not to vote in the last election, I encourage you to do so this time, if for no other reason than to acknowledge the work of those who have asked you to do so.

A lot of us aren't fond of politicians of any stripe. But no one goes into politics with the thought of doing something bad. Like the people who work to get them elected, they too want to make a difference. Sometimes they do and sometimes they don't. But we are truly lucky to have the option of rewarding them for their successes and punishing them for their failures.

So please think about it.

If you want us to have a better transit system, there's someone you can vote for who agrees with you.

If you think we need to control our spending, there's someone you can vote for who is taking the same position.

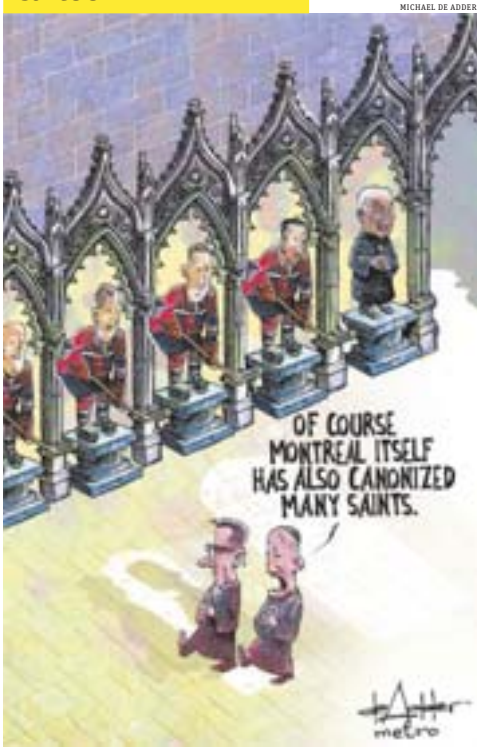
Maybe it's snow clearing or making the city safer that concerns you the most.

But whatever it is, someone is going to promise to do it for you if only you vote for them.

As my friend Ted Power used to say when we were out knocking on doors, "If you don't vote, you have no right to complain about anything except the weather."

Cartoon

MICHAEL DE ADDER



Case that killed a career

Worth Mentioning

Washington intern Chandra Levy

CONTRIBUTED/THE ASSOCIATED PRESS



WASHINGTON. More than nine years after the disappearance of Washington intern Chandra Levy generated headlines around the world, an illegal immigrant from El Salvador accused of killing her is scheduled to stand trial.

Ingmar Guandique goes on trial today for Levy's 2001 killing. However, he's not even a blip on the national consciousness of the case, which dominated news coverage until the Sept. 11, 2001, terror attacks rendered it an afterthought.

The intern's mysterious slaying led to the downfall of former California congressman Gary Condit, whose political career imploded after he was romantically linked to Levy and for a time became the No. 1 suspect.

While police no longer believe Condit had anything to do with Levy's death, Condit's spokesman, Bert Fields, said Condit expects to be called as a witness at Guandique's trial, though he has not been subpoenaed. Condit is writing a book about his experience.

Guandique, charged in 2009, escaped scrutiny in large part because of the frenzy around Condit. The former congressman never admitted an affair but said he was friends with Levy, though the intern had told family members the two had a romantic relationship.

THE ASSOCIATED PRESS

Will e-readers kill the paperback?

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ANDREAS MORSE / METRO EDMONTON.

Metro Minute at the Roxy Theatre



▶ The Roxy Theatre

The Woman in Black closes at the Roxy Theatre tonight. You have to pay for the whole seat but you'll only need the edge for this spellbinding ghost story.

Desperate to exorcise the ghosts of his past, a Victorian lawyer recounts his chilling experiences. As a young man he is sent to the mysterious Eel Marsh House to wind up a deceased estate and suddenly finds himself trapped in the horrors that lie behind its shuttered windows. His frightful story paints the picture of a man trying to escape the tragedies of his life.

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ARE YOU READY TO DOUBLE DOWN?

Spreading misery to comedy masses

Canadian comedian Jeremy Hotz finding success with his sad sack stand up Writing a new film and developing TV comedy series

Canadian comedian Jeremy Hotz doesn't feel so alone in his misery anymore.

The standup veteran, who's famed for an anguished act in which he complains about life while holding his right hand over half of his face to appear distressed, says gloom is very "in vogue" these days.

"Look around, man. Everybody's miserable," the Ottawa native said in a recent interview to promote the upcoming 10th annual Just for Laughs Canadian tour, in which he's featured as a special guest.

"Ever take the subway in Toronto? Ever have anyone ever make eye contact with you? No! Everyone's miserable: 'Look at the floor, get through your day.'"

The so-called "master of misery" started performing in comedy clubs across the country nearly 20 years ago.

His confused, downer persona just came naturally, he says.

"One day I started putting my hand in front of my face and turning my back to the audience and speaking about really miserable things — three things you should never do if you're trying to get laughs and yet when you combine all of them, somehow it works," said Hotz.

"Ever take the subway in Toronto? Ever have anyone ever make eye contact with you? No! Everyone's miserable: 'Look at the floor, get through your day."
JEREMY HOTZ

"Misery loves company, I guess. Who said that, anyway? Probably the most miserable guy in the world."

Hotz is now writing a dark comedy film in which he would star. His co-writer is K.P. Anderson, creator of the TV series The Soup.

He's also developing a half-hour comedy series based on his life with Dakota Pictures, the production company behind comedy shows including Flight of the Conchords and Bored to Death.

TV is in desperate need of comedy to balance out the glut of cop shows, says Hotz.

"There's CSI and then just every city in America, you know ... CSI: Cheektowaga — everybody dies in a big vat of buffalo wings," he joked.

"Come on! Come up with a different idea. What's the matter with people?"

THE CANADIAN PRESS

THE CANADIAN PRESS



▶ The Just for Laughs Canadian tour, which stars Jeremy Hotz, kicks off tomorrow in Saint John, N.B.

CHRIS PIZZELLO/ASSOCIATED PRESS



▶ Bill Murray appeared as a Ghostbuster when he accepted an award for Best Horror Movie for Zombieland.

Awards were a Scream

There were superheroes and vampires, Ghostbusters, rockers and zombies — and that was just in the audience.

Even more outrageous characters graced the Greek Theater stage at Spike TV's annual Scream Awards on Saturday night — a tribute to horror, sci-fi, comics and fantasy. The fan-fueled awards show/TV special welcomed scores of stars and hundreds of costumed fans.

On a spectacular stage that looked like a warped Metropolis flanked by two gargoyle-rimmed platforms, Halle Berry, Megan Fox, Don Cheadle, Kelly Osbourne, Mickey Rourke and dozens of other famous faces from some of TV and film's most popular properties treated the crowd to hours of pop-culture indulgence.

Sigourney Weaver emerged from a giant brain-shaped pod to accept "Heroine" honours from James Cameron. Michael J. Fox and Christopher Lloyd got a standing ovation as they reunited with a DeLorean car to celebrate the 25th anniversary of Back to the Future. Jimmy Kimmel honoured the cast of Lost with a special farewell in front of a flaming piece of fuselage.

THE ASSOCIATED PRESS

2 scene

Jackass



Johnny Knoxville and his Jackass gang are even bigger hits in three dimensions. Jackass 3D, their latest big-screen collection of crazy stunts and antics, opened with a whopping $50 million, soaring past the debuts of their first two movies. It's the third-straight No. 1 opening for the franchise, which launched with a $22.8 million opening for 2002's Jackass: The Movie and continued with a $29 million debut for 2006's Jackass Number Two. Premiering at No. 2 with $22.5 million is the action comedy Red, starring Bruce Willis, Morgan Freeman, Helen Mirren, John Malkovich and Mary-Louise Parker in the tale of retired black-ops agents targeted by the CIA.

THE ASSOCIATED PRESS

Corey Feldman reprises role in 'Lost Boys: The Thirst,' remembers late co-star Corey Haim

ASSOCIATED PRESS/DAN STEINBERG)



▶ Lance Bass was one of the presenters at the Environmental Media Awards on Saturday.

Hollywood goes green

Avatar, 30 Rock honoured for environment awareness Jane Fonda presents award to ex Ted Turner

The world's highest-grossing film and one of the most awarded TV shows are also some of the greenest productions around.

Avatar and 30 Rock were among the winners of the 2010 Environmental Media Association awards on Saturday night, which recognized individuals, organizations and productions that help increase public awareness of environmental issues.

The awards were presented at an eco-friendly ceremony at Warner Bros. Studios that featured organic food and compostable dinnerware. Actors Olivia Munn and Jason Ritter hosted the event, which was sponsored by one of Hollywood's favourite green-mobiles, Toyota Prius.

Other productions recognized for spreading a green message were the documentary Gasland and TV shows Bones, Handy Manny, Living With Ed and Lights, Camera, Take Action! Backstage With Disney's Friends for Change.

Entrepreneurs Ted Turner and Jeff Skoll received honorary awards for their environmental contributions. Natalie Portman presented Skoll with his award. His namesake foundation has funded organizations such as The Amazon Conservation Team, the American Council on Renewable Energy and Global Footprint Network.

Turner, who founded CNN, supports wildlife habitat preservation, promotes sustainable energy and furthers other environmental causes through his Turner Foundation. His award was presented by his ex-wife, Jane Fonda.

Rosario Dawson, Lance Bass and Eva Mendes were also among awards presenters.

Turner, who says he's been an environmentalist since he was 10, said that though there is much more to be done to protect the planet, he's buoyed by the ever-increasing awareness of environmental issues in the United States and worldwide.

"Even people who are not conserving, they know about it, and knowing about it is really important, because you can change," said the 71-year-old media mogul.

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ome with taking one down.
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CANADIAN PRESS/FRANK GUNN



▶ Nelly Furtado signs autographs as she arrives for the Canada's Walk of Fame induction gala in Toronto on Saturday.

Canadians rock the Walk

Eric McCormack says we're too modest
But Sarah Polley is proud of our humility

Actor Eric McCormack knows it's a little un-Canadian to brag so he apologizes if he acts too excited over his new star on Canada's Walk of Fame.

"Being famous here really means a lot of apologizing, just really being sorry for it, because it's not the (Canadian) way," McCormack joked on Saturday as he walked the red carpet in Toronto.

"It's an unnatural state for a Canadian and I'm really sorry. I'm sorry."

McCormack said it's great that Canadians are finally recognizing homegrown talents and accomplishments, which wasn't always the case.

"Down in the States they'll say, 'When you were a kid did you think you'd be on the Walk of Fame?' and I say, 'When I was a kid there wasn't a Walk of Fame,'" McCormack said.

"This is a very new thing for Canadians, to celebrate themselves."

Hughes was beaming as she arrived on the red carpet and said she was thrilled to not only get a star, but also help applaud others.

"We've always done (great things) but we haven't always celebrated it and I think the Walk of Fame is something that really celebrates Canadians and excellence," she said.

"There's so many great people in this country doing so many fantastic things."

Polley said she too thought it was great to see a celebration of Canadian talent, although it might feel a little odd to some.

"I think it's always complicated for me because on the one hand we're always beating ourselves up for not celebrating ourselves enough. But for me, one of the national characteristics I'm most proud of in this country is humility," Polley said.

"So I sort of feel it's kind of a good sign we don't celebrate ourselves too much ... there's something so great about living in this country because we're not overly proud or overly comfortable with being proud.

"It's finding the balance between acknowledging the great things people have done in this country and also being proud of the fact that we're not the kind of people to boast too much."

Polley and Furtado were the youngest of the inductees — both are turning 32 in the coming months — and Furtado said it was humbling to be recognized while her career is still flourishing.

"It's kind of inspiring because I do feel like I've got a lot of work to do still and more dreams I want to accomplish, whether it's within music or outside of music," she said.

The induction ceremony was to be hosted by comedian Howie Mandel, who got a Walk of Fame star of his own last year.

Mandel said he was glad Henning was being honoured and recalled being inspired by his charisma and his work as the "consummate entertainer."

"Doug Henning is the man, he is magic," Mandel said.

"He's my first recollection of being aware of any magic, or any illusionists.

"He was certainly an inspiration and a great man and this is so well deserved, I wish he was here to see it."

The gala will be broadcast on Oct. 20 at 9 p.m. ET/PT on Global and Slice. It is to included performances by Jully Black, Alex Cuba, Burton Cummings, Hawksley Workman and Nikki Yanofsky.

THE CANADIAN PRESS

2010 Inductees

There are seven new inductees to the Canada's Walk of Fame, which over the years has given stars to the likes of Margaret Atwood, Jim Carrey, Celine Dion, Michael J. Fox, Wayne Gretzky and Steve Nash.

- **Nelly Furtado** Singer-songwriter
- **Doug Henning** Magician (Died 2000)
- **Clara Hughes** Olympic speed skater and cyclist
- **Eric McCormack** Actor
- **Farley Mowat** Writer
- **Sarah Polley** Actor and director
- **David Clayton Thomas** Singer-songwriter

THIS SPACE IS NOT BIG ENOUGH FOR THE NEW DOUBLE DOWN.


▶ Kate Moss

Kate Moss married in a secret ceremony?

Sources claim Kate Moss quietly wed boyfriend Jamie Hince in a secret ceremony in Sicily back in August, according to the Daily Mirror.

"It was quiet, but still very romantic," a source says.

"The plans were kept very quiet as Kate wanted the day to be low-key and purely a celebration of their love. Kate didn't want a stuffy, formal do, but something spiritual."

METRO



Aguilera and Bratman file for divorce

Reports of Christina's female affairs begin to surface **Claims couple had open marriage**

Christina Aguilera and Jordan Bratman have officially filed for divorce, citing "irreconcilable differences," but at least one woman claims the couple had an open marriage, according to Radar Online.

"I was at The Abbey one night when Christina's bodyguard approached me," the woman, who wishes to remain anonymous, tells the website.

"The bodyguard told me it was an understanding within their marriage and that she brings girls home and Jordan's OK with it. I met Christina in the bathroom and she told me she liked to play with girls."

While the woman chose not to entertain the offer, she says she was not the only woman Aguilera has previously expressed interest in.

"It's funny because I had a couple girlfriends tell me that they were approached by Christina, too," she says.

METRO

Talking points


▶ Russell Brand

Brand won't work with Katy Perry

HONEY I LOVE YOU BUT WE ALREADY SPEND ENOUGH TIME TOGETHER... While Russell Brand plans on spending the rest of his life with Katy Perry, don't expect them to work together anytime soon.

"She's very good at what she does, and I feel it's very distinct from what I do," he tells People magazine. "It takes up enough of my time to be in love with her." Still, there's always room for collaboration, he admits: "We'll do a sex tape! Give them what they want," Brand jokes.

METRO



Dina Lohan tries to cash in on LiLo's rehab

WELL, LINDSAY CAN'T EARN FOR HER WHILE IN REHAB, SO SHE NEEDS TO GET THE MONEY FROM SOMEWHERE Before heading off to the Betty Ford Center to visit Lindsay Lohan this weekend, Dina Lohan was reportedly shopping around an exclusive interview "in the high five figures," sources tell TMZ.

Dina was reportedly looking to have cameras cover as much of her visit as the rehab center would allow, including a candid chat after she meets with her troubled daughter.

"There is absolutely no truth to this," a source close to Dina tells the website.

METRO

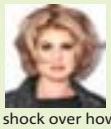
Celebrity tweets



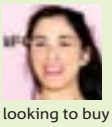
Neil Patrick Harris [@Actually-NPH] Youngsters. They cry a lot. I thought it was just a long bit that they were doing. I keep saying, "Annnnd, scene!"... but nothing happens.



Kanye West [@kanye-west] Greeeeeat : (.... I feel sooooo much safer about the flight now that I've been disgraced in a public place lol



Kelly Osbourne [@MissKellyO] in shock over how many people are bothered by my bad grammar it's laughable this is twitter not mensa!



Sarah Silverman [@SarahKSilverman] looking to buy a NINTENDO 64. must be in the LA area and need it right now.

METRO


▶ Leif Garrett

Leif Garrett off to rehab

WELL, LINDSAY CAN'T Former teen heartthrob Leif Garrett has pleaded no contest to heroin possession in Los Angeles and will enter a drug rehab program. The 48-year-old actor-singer entered the plea Friday in Los Angeles and was sentenced to a court-ordered drug treatment program.

. METRO





ISTOCK



▶ After your kid reads Jan Thornhill's Who Wants Pizza? Not only will they be want to have a slice, they will also know where the ingredients came from.

Ugh interested in some pizza

Food is often something kids take for granted — it simply shows up every day Yet there is so much for kids to know and understand about food, as Jan Thornhill explains in her new book, Who Wants Pizza?

Jan Thornhill uses one of the more common foods kids eat — a slice of pizza — as a jumping off point to take a look a plethora of facts and interesting info involving how and why we eat what we eat.

Who Wants Pizza? combines tons of interesting facts with photos and illustrations to take kids on a journey through the world of food past, present, and future.

Facts like:

• Humans are very visual animals, and the makers of processed foods know this. That's why colour is so often on lists of ingredients — to make food look more appealing. In one study, test subjects who could see their food ate much more than others who were blindfolded — but the blindfolded ones reported being just as full on less food!

• Different cultures have different food customs. In many places, food is eaten without utensils, and in countries that use chopsticks, it's very rude to point with them. In Russia, to show that your host has been generous, you're expected to always leave a little food on your plate, while in India, it's impolite to leave anything at all.

• World exploration was driven by a search not for gold or even land, but for spices. Spices like black pepper, cloves, and cinnamon were valuable because they livened up a dull European diet and preserved food. Also, spices were fabulously expensive, which of course made them a status symbol. Unfortunately, this hunger for spices came at a cost to many people who grew them. As sea routes to the Far East and the Americas were discovered, one spice-growing nation after another was conquered and then controlled by foreigners.

Comprehensive, engaging, and fun, Who Wants Pizza? is a book that kids will want to digest again and again — and what's better, they are sure to come away hungry and well inform. Who Wants Pizza? is $12.95.

FOR METRO CANADA

Travelling fruit



Most fruits and vegetables we buy today are types that travel well. These aren't bred for juiciness or flavour — they're bred to produce a lot of regularly sized fruit that resist bruising. Though there are about 7,500 varieties of tomatoes in the world, you'll find only a handful of these in most grocery stores. From page 53 of Jan Thornhill's Who Wants Pizza.

3 life

Healthy eating



Concerned that your family isn't getting enough fruits and veggies in their diet? Recent research from the Dietitians of Canada showed that almost 25 per cent of Canadians surveyed said they hadn't consumed any fruits or vegetables the previous day.

It can be hard to incorporate the up to 7 to 10 daily recommended servings of fruits and veggies into our diet, but it is possible. Try to get one dark green and one orange vegetable each day to help you get enough of the vitamin folate and vitamin A.

NEWS CANADA

Babies learn to sign while learning to crawl and before learning to talk

The rustic pork and veal pie is hearty and easy to prepare ◗ A melding of flavours in your mouth ◗ Also great for re-heating the next day

Whether it's for a Halloween party or Sunday in front of the widescreen for a football game, good food for a fall gathering should be hearty, flavourful and easy to prepare.

With this rustic pork and veal pie, you can put a checkmark next to all three.

For the savoury filling of this free-form meat pie, you start with pre-shredded cabbage, which is sold near the pre-washed salad mixes at your grocer. Then you add convenient ground pork and veal along with canned tomatoes and spices.

After it is simmered to let the flavours meld, the filling gets wrapped up in store-bought, refrigerated pie crusts and baked until golden brown. For added convenience, the pie can be baked a day ahead and reheated in a 180 C (350 F) oven for 30 minutes or until heated through.

Ingredients :

- 10 ml (2 tsp) extra-virgin oil
- 3 cloves garlic, minced
- 1.5 l (6 cups) shredded green cabbage (1/2 small head)
- 250 g (1/2 lb) ground pork
- 250 g (1/2 lb) ground veal
- 250 ml (1 cup) canned diced tomatoes, with juice
- 30 ml (2 tbsp) tomato paste
- 5 ml (1 tsp) dried thyme leaves
- 1 ml (1/4 tsp) ground allspice
- 1 ml (1/4 tsp) cinnamon
- Salt and ground black pepper, to taste
- 150 ml (2/3 cup) shredded extra-sharp cheddar cheese
- 1 pkg refrigerated pie crusts (two 23-cm/9-inch crusts), room temperature

Preparation:

1. Heat oven to 230 C (450 F). Coat a large baking sheet or pizza pan with cooking spray. Set aside.
2. Heat oil in a large non-stick skillet over medium. Add garlic and saute for 30 seconds. Stir in cabbage and saute until softened and translucent, about 5 minutes.
3. Add ground pork and veal and cook, breaking it up as finely as possible until no longer pink, 8 to 10 minutes. Stir in tomatoes, tomato paste, thyme, allspice and cinnamon. Cover and simmer for 7 minutes. Season with salt and pepper. Uncover, stir in cheese until melted, then set aside to cool slightly.
4. Meanwhile, on a lightly floured surface, place one pie crust on top of the other. Dust top crust with flour and roll crusts out together into a 46-cm (18-inch) circle. Fold circle in half, transfer it to the prepared baking sheet or pizza pan and unfold.
5. Place pork and veal mixture in the centre of the pie crust circle, spreading it out in an even layer and leaving a 10-cm (4-inch) uncovered border. Fold edges of crust up over filling, forming pleats and leaving a roughly 5- to 7.5-cm (2- to 3-inch) opening at the centre.
6. Bake pie for 25 to 30 minutes or until the crust is golden-brown on the top and bottom and completely cooked at the folds.

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6 portions
Prep and cooking time: 70 min.



▶ Rustic Pork and Veal Pie

NEWS CANADA

4 portions
Prep and cooking time: 90 min.



▶ Quebec Pea Soup with Garlicky Croutons

Traditional soup with a garlic-flavoured twist

Rib sticking and hearty, this pea soup packs a nutritional punch, is full of fibre and comforting flavour. Just before serving, pop a few bagels into the toaster — they're a perfect accompaniment to the soup.

Preparation:

1. Place all soup ingredients in a very large saucepan. Cover and bring to a boil. Reduce heat and simmer covered about 11/2 hours, stirring occasionally until peas are very tender. Discard bay leaves.
2. Meanwhile, preheat oven to 400F (200C). Slice bagels into ¾ inch (4 cm) wedges, then cut again into ½-inch (1-cm) size croutons. Place in a bowl. While tossing bagel wedges, drizzle in oil to coat as best you can. Turn onto a baking sheet. Bake, stirring once, until golden, 5 to 8 minutes.
3. Remove about 2 cups (500 ml) soup and puree until smooth. Stir back into soup in pot. Soup should be thick, but thin with a little water or broth if you wish. Makes 8 cups (2 L) soup and 3 1/2 cups (875 ml) croutons. Leftover croutons can be stored in an airtight container for up to 5 days or frozen.

NEWS CANADA

Ingredients:

Soup

- 2 cups (500 ml) dried yellow split peas
- 1carton (900 ml) low-sodium chicken broth
- 4 cups (1 l) water
- 1 onion, chopped
- 2 each celery stalks and carrots, sliced
- 2 garlic cloves, minced
- 1 tsp (5 ml) dried summer savoury leaves
- 2 bay leaves
- ½ tsp (2 ml) freshly ground black pepper

Croutons

- 2 Garlic and Onion Country Harvest Bagels
- 1 tbsp (15 ml) olive oil





Turn a new leaf this fall

Now's a great time to plant trees, with a little homework Be sure to check your arborist's certification

When Lynne and Kemper Smith moved to Golden, Colo., from Florida six years ago, they bought a new house and planted trees — fruit trees out back and a cache of aspen near the front door.

Very Colorado, those aspen. Unfortunately, it was the wrong part of Colorado."I was a Florida boy and didn't know what I was doing," Kemper Smith says. "I didn't know they'd get this big."

Planting the wrong tree in the wrong place is common, according to arborists around the country. Homebuilders and homeowners often plant trees too close to houses, power lines or roads because they don't consider how the trees will look 20 or 30 years down the road. They choose trees that aren't necessarily suited to the soil and region.

Short-term esthetics win out over longer-term attractiveness and care.

"I think that a lot of it is lack of education," says Jon Elliott, an arborist for Denver-area Swingle Lawn, Tree & Landscape Care.

Fall is a good time for planting trees and shrubs, but homeowners need to do their homework. Lynne Smith says the little trees she and her neighbours planted already have grown too big.

"People are so excited when the trees are new and are babies," she says. "Now the trees are larger than the houses and the yards are too small. The 40-foot-tall (12-metre-tall) trees — we don't have room for that."

Avoid the big-box stores for buying trees, which may not be hardy to the local climate, Elliott says. He recommends shopping at a reputable local nursery — and making sure their stock is grown in your climate zone.


▶ Arborist Jon Elliott, left, advises Kemper Smith to trim his big trees.

Experts also recommend plants native to a region. For example, while the Smiths' aspens do grow well in the Colorado mountains, they become susceptible to fungus, disease and insect infestation at lower altitudes, including Golden. The river birch, which looks similar, is the better suburban yard tree there, says Elliott.

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Planting tips

What works in another country, province or even local suburb may not work in your own.

- **Plant trees that can grow** large (18 metres or taller) at least three to 4.5 metres from the house. Plant trees less tall at least three metres from the house.
- **Check for electrical, gas** water and sewer lines.
- **Learn about your climate,** annual rainfall, soil make-up and drainage.
- **A tree's form and function** counts. Is it intended as an ornamental or do you want it to grow into a shade tree?
- **How tall is it likely to** become, and how will its growing canopy affect overhead wires and traffic lines of sight, among other things?
- **Planting guidelines vary** depending on the expert, location and the tree.

Larch Park at Magrath

Whitemud Ravine – A hidden Treasure

Walking through the Whitemud Ravine, it's not everyday you have your own personal tour guide, but two hours with Charlie Richmond will tell you all you need to know about the Larch Sanctuary and why you should want to protect it.

Charlie Richmond spends his days working for the Sierra Club, one of Canada's oldest and most established environmental organizations. Richmond is passionate about his job and is also passionate about the Larch Sanctuary.

When Melcor first proposed the development for the adjacent property, the Sierra Club was immediately concerned about the hazards associated with building so close to the unique and delicate ecosystem.

Richmond is all too familiar with the fight always present when it comes to developments and nature. "When we have to fight against city planning, we get the most traction by going to the developers", said Richmond.

By approaching developers directly Richmond has found more success in educating them on the potential profit in preserving the natural ecosystems.

"Green makes green", said Richmond. "It's much more lucrative (to preserve the area), it's a fabulous economic asset for the city."

Traditionally developers are the enemy of environmental activists and agencies, however Richmond called Chris Nicholas of Melcor and Peter Poole from the Poole family "a new generation of developers."

A joint effort was made between Melcor and the Sierra Club to do two things in regards to the physical development process: one was to preserve the view plane, and two was to refrain from building a top of bank road.

The view plane is determined by height and the setback of a building. Melcor adhered to the standards set by a Toronto bylaw to preserve the view from the bottom of the ravine, the first developers in the city in the Sierra Club's record to do so.

"Poole and Melcor raised the bar for the rest of the industry in the city", said Richmond. "I have to credit them for that."

Pointing out the buildings already on the skyline, Richmond is adamant that a new development visible along the edge of the ravine would "emasculate the wilderness". Being in the ravine, it's clear what Richmond means. It feels like you're in jasper or Banff, not smack in the middle of a bustling city.

To learn more about the project and it's neighboring sanctuary, visit www.larchpark.ca.







for more info visit:
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DON'T HANG *YOURSELF* OUT TO DRY

QUESTION:
I would like to eco-source dryer sheets. Do such things exist?

Matthew from Vancouver, BC

Dryer sheets were actually designed to reduce static in synthetic fabrics only. But today, most people add a sheet (or more) to every dryer load. Dryer sheets do not lend themselves to eco-friendliness because of their disposable nature and synthetic chemical ingredients. They're best avoided, so I'd suggest saving your money.

Since full disclosure of ingredients in consumer products like dryer sheets is not required by law, it's hard to know exactly which chemicals they contain. However, many people who stop using dryer sheets find they and others in their home also stop suffering from asthma-like symptoms, headaches or irritated skin. To prevent static cling, simply hang clothes to dry. To reduce static you can also add half a cup of white vinegar to the rinse cycle of your washing machine.

Dryer sheets and liquid fabric softeners contain chemicals that coat your laundry with a residue. Try to scrub your lint filter regularly if you use dryer sheets because they can leave a film on the filter. The synthetic perfumes derived from petroleum-based ingredients are another concern. Once the scented air leaves your dryer vent and floats into your neighbour-hood, it's causing allergic reactions in others. That's not very neighbourly.

David Suzuki Foundation

mixed in survey

Environmental organizations say a survey released today reveals a troubling disconnect between our concerns for the environment and our awareness of local environmental issues.

The Vital Signs survey was commissioned by the Community Foundations of Canada and Environics,

METRO

Larch Park at Magrath
TIME FOR A NEW WAY TO LIVE.
for more info visit:
larchpark.ca

Steer clear of office gossip

- Maintain integrity and diversify your friendships
- Petty politics, cliques can transform a workplace


▶ Career counselors advise staying away from office politics and cliques.

DREW HINSHAW
LIFE@METRONEWS.CA

Office gossip can buzz back to the wrong ears and sting like a bee.

Which is why it's better, career counselors advise, to float like a butterfly above the cubicle cliques and petty politics that transform even the most professional bureau into a snake pit.

"In some environments, the office can really be like high school," career coach Pamela Skillings notes. "There are all these cliques, and people who are favoured at one time. Who you're hanging out with can be perceived as taking sides."

"Even if you leave work, and you go to the local bar with your work friends, you're still at work. Everybody thinks this rule doesn't apply to them."
COURTNEY ANDERSON

If your colleagues have you typecast as an office mean girl or a card-carrying Boys Club lackey, it's likely because you've over idolized the catty friendships you've formed.

"You need to get away from that, even if you think you're working with the coolest people in the universe," Skillings adds.

"Diversify you're friendships," concurs workplace relationship expert Courtney Anderson.

That means extending a lunch invite to the shy paper shufflers and fixed-place cubicle-statues who rarely say "yes." It could mean dropping by a department you don't normally graze, or bringing pizza to the interns.

For the truly self-unaware, achieving non-alignment in the office realpolitik could also require keeping a paper tally of the number of critical and backbiting comments you let slip past the filter.

"We usually can't see how bad it is, and we need to get empirical data," she says. "Once we have that moment of truth where we fact that data, oftentimes, it's shocking."

Some of the unhappiest moments between colleagues come during happy hour.

Over half-off pints of froth — or while rocking around Christmas trees and jack-o-lanterns of holiday parties — coworkers are all too likely to give their verbal inhibitions the night off, Anderson says.

MCDONALD'S VISIT BEHIND JUNK SUCCESS

TurningPoint

TERESA KRUZE
LIFE@METRONEWS.CA



A moment of brilliance can happen anywhere. Brian Scudamore found his inspiration while in the drive-thu lane at McDonald's.

Waiting for his lunch, he saw an old junk truck pass by his car. "There's my ticket," he thought, "I'm going to offer to haul people's junk away."

The first year The Rubbish Boys turned a modest profit but Brian had bigger plans.

He formed a board of advisors and came up with a new name, logo, brand and image. Scudamore was about to move into a new era of doing business.

1-800-GOT-JUNK is a Canadian success story with over 200 franchises operating in North America and Australia. Scudamore believes in the adage, "work hard, work smart" but he admits that it hasn't always been easy.

He says there were days when he was in a cash flow crisis, he couldn't meet payroll and had to let good friends go.

"You have to make tough decisions. Leaders have to do what's best for the entire company and for your people."

He's also a firm believer in visualization. "If you believe in your heart and your head that you can make it happen and never let your idea go, it will happen. It sounds simple, but it's true."

So what's Brian's next goal? He wants to build a second brand with the goal of reaching $100 million dollars in revenue within five years. Not bad for a guy that went for a cheeseburger and drove away with a multi-million dollar dream. That's what I call a Happy Meal.


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Online sites let students grade their professors

Universities say exterior evaluations have no weight when reviewing faculty and factoring promotions


Ratemyprofessor.com boasts of having more than 6,000 schools with over one million evaluations.

Michael Hirsh still remembers his worst university professor.

"The guy rambled, didn't give an outline or explain how he graded, didn't explain expectations. I got C," said Hirsh, who's in his last year as an economics student at a Toronto-area university.

"It messed up my GPA. A professor can make or break a course," he explained.

"Sure we gave the university our evaluations, but I wanted to warn other students."

Hirsh decided to take his "scathing" comments to ratemyprofessors.com where evaluations are available to anyone, not just university administration.

Official student evaluations have been part of the student experience for decades, but until the advent of the Internet, students had to rely on friends for professor recommendations — and gossip. Almost no universities provide their official evaluations to students.

At ratemyprofessors.com, the site boasts of having more than 6,000 schools with over one million evaluations. Other sites that have launched include Professorperformance.com.

The University of Toronto is one place where the administration is aware of the popularity of online evaluation sites and it's proposing its own online system, which is expected to go live in September 2011.

According to Prof. Edith Hillan, vice-provost of faculty and academic life at the university, sites such as ratemyprofessors.com are "useful for students, but we wouldn't use them from an institutional perspective to gather information."

"Often you'll get comments or scores at the extreme end of the spectrum," she said.

At Ryerson University, the vice-provost for faculty affairs, John Isbister, doesn't object to online evaluation sites, recognizing that they are useful for students who can't access the official evaluations that students give to the administration after a course is complete.

"We do care about student experience, but it's part of the faculty's collective agreement that their evaluations remain confidential," said Isbister.

Both universities say exterior online evaluations have no weight when the administration is reviewing their faculty and factoring promotions, tenure, salary and other related things.

The fact that official evaluations remain confidential is one reason for students flocking to the online sites as an alternative.

"The official evaluations are hugely ineffective — they are good for the university to decide on salaries, but not good at helping us decide what courses to take," said Ben White, a third-year engineering student at the University of Toronto.

"I mean I never see them."

Also they can be beneficial for students who are either new or not connected to the university community.

"They are really helpful and useful — I came here not knowing anyone," said Yael Sperkut, a first-year humanities student at U of T.

"I used it in high school — with ratemyteachers.com — and when I was mad or thought they weren't doing their jobs, sure I posted — a lot."

Hillan said the University of Toronto's proposed online evaluations will have "provostial guidelines" — to oversee the system to make sure it's used appropriately.

These proposed evaluations don't do enough for White.

"Even the ones done through the student union are slightly edited if they're too profane. I'm getting the straight truth when I go online," he said.

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Trusty lefties take spotlight

Lee to face off against Pettitte in Game 3 of ALCS • Lee will look to join Hernandez and Hershiser as only pitchers to get to 7-0 in post-season starts

GETTY IMAGES



RANGERS | YANKEES

- **Time:** Tonight, 6:05 p.m.
- **Channel:** Sportsnet

Cliff Lee and Andy Pettitte. The post-season ace against that ol' October pro.

With the best-of-seven AL championship series tied at one apiece, the scene shifts to Yankee Stadium for Game 3 tonight, when a pair of pressure-proven pitchers will be back in the spotlight.

Lee's left arm has been baseball's most dominant force in the past two post-seasons, carrying him to a 6-0 mark with a 1.44 earned-run average and three complete games in seven starts.

He'll be on the mound for the Texas Rangers against Pettitte, who has an outstanding October resumé of his own. The Yankees lefty is going for his 20th post-season win.

"Obviously, it's a great matchup," New York manager Joe Girardi said yesterday, when the Yankees and Rangers worked out under blue skies in the Bronx. "I think people are looking forward to tomorrow."

Coming off the first home playoff win in the franchise's 50-season history, the Rangers are back on the road — where they're unbeaten in these playoffs. Texas won all three first-round games at AL East champion Tampa Bay, including a pair of masterpieces by Lee.

Next, he'll try to join Orlando Hernandez and Orel Hershiser as the only pitchers to win their first seven post-season decisions. Hernandez opened 8-0 for the Yankees from 1998-2000, while Hershiser went 7-0 with the Los Angeles Dodgers and Cleveland Indians from 1985-95.

THE ASSOCIATED PRESS

256

At 19-9 with a 3.87 ERA, Pettitte holds major league records for wins, starts (41) and innings (256) in the post-season.

Big Ben returns with a bang

GENE J. PUSKAR/THE ASSOCIATED PRESS



With Ben Roethlisberger revelling in the cheers he once feared he might not hear, the Pittsburgh Steelers looked like themselves for the first time all season.

They also sounded like the team that loves to intimidate.

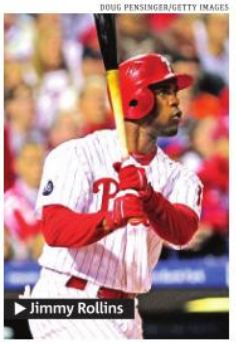
To the Cleveland Browns, it was Steelers linebacker James Harrison who was the game's impact player.

28	10
STEELERS	BROWNS

Roethlisberger, cheered loudly during his first game in nine-and-a-half months, returned from his four-game suspension to throw three touchdown passes, and the Steelers (4-1) shut down a Browns offence that was depleted by Harrison hits during a 28-10 victory yesterday.

THE ASSOCIATED PRESS

DOUG PENSINGER/GETTY IMAGES



6	1
PHILLIES	GIANTS

Oswalt, Rollins help Phillies even the series

Roy Oswalt pitched eight dominant innings, Jimmy Rollins drove in four runs and the Philadelphia Phillies beat the San Francisco Giants 6-1 last night to even the NL championship series at one game apiece.

A day after Tim Lincecum outduelled Roy Halladay in a marquee matchup of aces, Oswalt beat Jonathan Sanchez.

The series shifts to San Francisco for Game 3 tomorrow afternoon.

Matt Cain faces Philadelphia's Cole Hamels, the 2008 World Series MVP.

Oswalt allowed one run and three hits, striking out nine. He also had a hit and scored a run on a mad dash through the third base coach's stop sign.

Cody Ross hit his third solo homer in two games for the Giants.

Rollins busted out of a 1-for-15 post-season slump, going 2-for-3 with a bases-loaded walk and a bases-clearing double.

THE ASSOCIATED PRESS

Sports in brief

Helmet hits prevalent

NFL. Several helmet-to-helmet hits yesterday caused injuries to some of the NFL's top playmakers. Philadelphia wide receiver DeSean Jackson suffered a concussion and Atlanta cornerback Dunta Robinson injured his head in a nasty head-on collision in the second quarter of the Eagles' 31-17 win.

THE ASSOCIATED PRESS

4 sports

Quoted



"We didn't convert when we needed to convert, but our defence played awesome today. We did enough to clinch it, and I'm always going to enjoy that."

MONTREAL QB ANTHONY CALVILLO, FOLLOWING HIS TEAM'S 22-19 WIN OVER WINNIPEG YESTERDAY. THE ALOUETTES CLINCHED THE EAST DIVISION FOR THE NINTH TIME IN 12 SEASONS.

"We need to learn at the end of games how to finish. We're happy for the win, but we can't have that, especially going into the playoffs. Those are the things that count."

MONTREAL NOSE TACKLE ERIC WILSON

Scan code for sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	4	4	0	0	0	16	9	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Washington	5	4	1	0	0	17	11	8	3-0-0-0	1-1-0-0	4-1-0-0	W4
d-NY Islanders	5	2	1	1	1	18	16	6	2-0-0-1	0-1-1-0	2-1-1-1	W1
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W2
Tampa Bay	4	3	1	0	0	12	14	6	1-0-0-0	2-1-0-0	3-1-0-0	L1
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W2
Pittsburgh	6	3	3	0	0	18	14	6	1-3-0-0	2-0-0-0	3-3-0-0	W2
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L2
Boston	3	2	1	0	0	9	6	4	0-1-0-0	2-0-0-0	2-1-0-0	W2
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W2
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L2
NY Rangers	3	1	1	1	0	13	13	3	0-0-1-0	1-1-0-0	1-1-1-0	L2
Ottawa	5	1	3	1	0	10	16	3	1-1-0-0	0-2-1-0	1-3-1-0	L1
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L5
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	4	4	0	0	0	16	10	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L1
d-Colorado	5	3	2	0	0	16	18	6	1-0-0-0	2-2-0-0	3-2-0-0	L1
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W1
Chicago	6	3	2	1	0	20	18	7	1-2-0-0	2-0-1-0	3-2-1-0	W2
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W2
St. Louis	4	2	1	0	1	12	9	5	2-0-0-0	0-1-0-1	2-1-0-1	L2
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W1
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W1
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L2
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L1
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Anaheim 3 Phoenix 2
Vancouver 5 Carolina 1
Saturday's results
Calgary 5 Edmonton 3
Montreal 4 Ottawa 3
Atlanta 4 San Jose 2
Boston 4 New Jersey 1
Chicago 4 Buffalo 3
Dallas 3 St. Louis 2 (SO)
Detroit 2 Phoenix 1 (OT)
Columbus 3 Minnesota 2
Florida 6 Tampa Bay 0
N.Y. Islanders 5 Colorado 2
Pittsburgh 5 Philadelphia 1
Washington 3 Nashville 2 (OT)
Tonight's games
(All times Eastern)
N.Y. Islanders at Toronto, 7 p.m.
Colorado at N.Y. Rangers, 7 p.m.
Ottawa at Pittsburgh, 7 p.m.
Dallas at Tampa Bay, 7:30 p.m.
St. Louis at Chicago, 8:30 p.m.
Tomorrow's games
Boston at Washington, 7 p.m.
Calgary at Nashville, 8 p.m.
Vancouver at Minnesota, 9 p.m.
Carolina at San Jose, 10:30 p.m.

CANUCKS 5, HURRICANES 1

First Period
1. Vancouver, Alberts 1 (Samuelsson, Malhotra) 5:37
2. Vancouver, Raymond 1 (Tambellini, Samuelsson) 9:43 (pp)
Penalties — LaRose Car (interference) 8:11, Ruutu Car (hooking) 12:44, Tambellini Vcr (cross-checking) 14:09, Alberts Vcr (interference) 18:25.
Second Period
3. Vancouver, Samuelsson 1 (Glass, Raymond) 9:38
4. Carolina, O'Sullivan 1 (Ruutu, Corvo) 18:13
Penalties — Kostopoulos Car (interference) 5:48, Samuelsson Vcr (interference) 7:31, Tambellini Vcr (holding) 11:49.
Third Period
4. Vancouver, Raymond 2 (D.Sedin, H.Sedin) 9:29
5. Vancouver, Kesler 1 (Ehrhoff, H.Sedin) 14:10
Penalties — Pitkanen Car (slashing) 9:29, Samuelsson Vcr (hooking) 10:12. Vancouver bench (too many men; served by Desbiens) 11:37, Ruutu Car (hooking) 13:27, LaRose Car, Hansen Vcr (roughing) 19:50.
Shots on goal by

Carolina	10	12	9	31
Vancouver	12	7	14	33

Goal — Carolina: Ward (L,2-2-0); Vancouver: Schneder (W 1-0-0). **Power plays (goals-chances)** — Carolina: 0-6; Vancouver: 2-5. **Attendance** — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	A	PT
Hossa, Chi	5	4	9
B.Richards, Dal	2	7	9
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Sharp, Chi	5	2	7

LATE SATURDAY

FLAMES 5, OILERS 3

First Period
1. Edmonton, Hemsky 2 (Whitney, Paajarvi) 5:21
2. Calgary, Tanguay 1 (Stajan) 9:02
Penalties — Jackman Cal (elbowing) 10:34, Staios Cal (tripping) 12:58, Brule Edm (slashing) 14:50, Gilbert Edm (tripping) 16:23.
Second Period
3. Edmonton, Penner 3 (Gagner) 0:22
4. Calgary, Morrison 1 (Stajan, Sarich) 2:57
5. Edmonton, Paajarvi 1 (Fraser, Jones) 4:16
Penalties — Morrison Cal (boarding) 0:35, Eberle Edm (hooking) 16:49.
Third Period
6. Calgary, Hagman 2 (Morrison, Jokinen) 4:29
7. Calgary, Iginla 1 (Tanguay, Giordano) 7:49 (pp)
8. Calgary, Tanguay 2 (Iginla, Stajan) 19:59 (en)
Penalties — Gilbert Edm (interference), Glencross Cal (cross-checking) 5:52, Smid Edm (hooking) 7:14, White Cal (hooking) 12:41.
Shots on goal by

Edmonton	5	15	10	30
Calgary	10	18	18	46

Goal — Edmonton: Khabibulin (L,2-2-0); Calgary: Kiprusoff (W,2-2-0). **Power plays (goals-chances)** — Edmonton: 0-4; Calgary: 1-4. **Attendance** — 19,289 (19,289) at Calgary.

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES
(BEST-OF-7)
AMERICAN LEAGUE
Texas (W) vs. N.Y. Yankees (WC)
(Series tied 1-1)
Saturday's result
Texas 7 N.Y. Yankees 2
Tonight's game
Texas (Lee 12-9) at N.Y. Yankees (Pettitte 11-3), 8:07 p.m
Tomorrow's game
Texas (Hunter 13-4) at N.Y. Yankees (Burnett 10-15), 8:07 p.m.
Wednesday's game
Texas at N.Y. Yankees, 4:07 p.m.
Friday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
(Series tied 1-1)
Last night's result
Philadelphia 6 San Francisco 1
Saturday's result
San Francisco 4 Philadelphia 3
Tomorrow's game
Philadelphia (Hamels 12-11) at San Francisco (Cain 13-11), 4:19 p.m.
Wednesday's game
Philadelphia at San Francisco, 7:57 p.m.
Thursday's game
x-Philadelphia at San Francisco, 7:57 p.m.
Saturday's game
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday's game
x-San Francisco at Philadelphia, 7:57 p.m.

PHILLIES 6, GIANTS 1

San Francisco	ab	r	h	bi	Philadelphia	ab	r	h	bi
ATorrs cf	4	0	0	0	Victorn cf	4	1	2	0
FSnchz 2b	4	0	2	0	Utley 2b	3	2	0	0
A.Huff 1b	4	0	0	0	Polanc 3b	3	1	1	2
Posey c	3	0	0	0	Howard 1b	3	0	2	0
Burrell lf	4	0	0	0	Werth rf	3	1	0	0
C.Ross rf	3	1	1	1	Rollins ss	3	0	2	4
Fontent 3b	2	0	0	0	Ibanez lf	4	0	0	0
SCasill p	0	0	0	0	C.Ruiz c	4	0	0	0
Romo p	0	0	0	0	Oswalt p	3	1	1	0
Ishikaw ph	1	0	1	0	Gload ph	1	0	0	0
Renteri ss	4	0	0	0	Madson p	0	0	0	0
JSnchz p	2	0	0	0					
RRmrz p	0	0	0	0					
Affeldt p	0	0	0	0					
Sandovl 3b	0	0	0	0					
Totals	**31**	**1**	**4**	**1**	**Totals**	**31**	**6**	**8**	**6**
San Francisco					**000 010 000**			**1**	
Philadelphia					**100 010 40x**			**6**	

E—Fontenot (1). LOB—San Francisco 7, Philadelphia 8. 2B—Victorino (1), Howard (2), Rollins (1). HR—C.Ross (3). SB—Utley 2 (2), Polanco (1). S—Victorino. SF—Polanco.

	IP	H	R	ER	BB	SO
San Francisco						
J.Sanchez L,0-1	6	5	3	2	3	7
R.Ramirez	1-3	1	2	2	1	0
Affeldt	1-3	0	1	1	1	1
S.Casilla	1-3	1	0	0	0	0
Romo	1	1	0	0	0	1
Philadelphia						
Oswalt W,1-0	8	3	1	1	3	9
Madson	1	1	0	0	1	1

T—3:01. A—46,099 (43,651) at Philadelphia.

TENNIS

WTA TOUR GENERALI
At Linz, Austria
Singles
Championship
Ana Ivanovic (7), Serbia, def. Patty Schnyder, Switzerland, 6-1, 6-2.

ATP SHANGHAI ROLEX MASTERS
At Shanghai
Singles
Championship
Andy Murray (4), Britain, def. Roger Federer (3), Switzerland, 6-3, 6-2.

TRANSACTIONS

HOCKEY

NHL
CHICAGO BLACKHAWKS—Assigned D Nick Leddy to Rockford (AHL).
ST. LOUIS BLUES—Assigned F Ryan Reaves to Peoria (AHL).
TAMPA BAY LIGHTNING—Reassigned G Jaroslav Janus and F Alex Hutchings from Norfolk (AHL) to Florida (ECHL).
WASHINGTON CAPITALS—Assigned D Brian Fahey to Hershey (AHL).

GOLF

PGA FRYS.COM OPEN
At San Martin, Calif.
Par 71
Final Round

Rocco Mediate, $900,000	64-65-67-73—269
Bo Van Pelt, $440,000	65-69-65-71—270
Alex Prugh, $440,000	69-66-66-69—270
Rickie Fowler, $240,000	69-65-68-69—271
Chris Tidland, $200,000	70-65-68-69—272
Graham DeLaet, $146,071	**68-68-71-67—274**
Will MacKenzie, $146,071	66-68-71-69—274
Kevin Stadler, $146,071	71-67-67-69—274
David Duval, $146,071	68-65-71-70—274
Charles Warren, $146,071	71-65-67-71—274
Ryuji Imada, $146,071	65-67-69-73—274
Tim Clark, $146,071	68-69-66-71—274
Tim Herron, $96,667	67-67-70-71—275
Dean Wilson, $96,667	69-64-70-72—275
Chad Campbell, $96,667	68-70-66-71—275
Kevin Streelman, $82,500	72-67-70-67—276
Fredrik Jacobson, $82,500	70-67-70-69—276
Paul Stankowski, $63,000	74-68-66-69—277
George McNeill, $63,000	69-72-67-69—277
Troy Merritt, $63,000	71-70-65-71—277
Tom Pernice, Jr., $63,000	67-70-69-71—277
Chris Riley, $63,000	67-71-67-72—277
John Mallinger, $63,000	66-69-68-74—277
Justin Leonard, $44,000	69-71-68-70—278
Kevin Chappell, $44,000	71-68-68-71—278
John Ellis, $44,000	70-68-68-72—278
Joe Durant, $37,000	71-71-67-70—279
Jeev Milkha Singh, $37,000	69-70-71-69—279
Paul Goydos, $37,000	65-73-68-73—279
Jonathan Byrd, $32,500	71-67-71-71—280
Jamie Lovemark, $32,500	68-71-71-70—280
Aaron Baddeley, $32,500	70-65-70-75—280
Josh Teater, $27,000	69-71-70-71—281
Tim Petrovic, $27,000	70-70-70-71—281
J.B. Holmes, $27,000	70-68-69-74—281
Shaun Micheel, $27,000	66-69-71-75—281
Chris DiMarco, $27,000	67-70-68-76—281
Cliff Kresge, $21,000	73-66-70-73—282
Woody Austin, $21,000	69-68-71-74—282
Pat Perez, $21,000	73-68-67-74—282
Lee Janzen, $21,000	71-68-71-72—282
Jerry Kelly, $21,000	70-69-72-71—282
Henrik Stenson, $21,000	67-67-80-68—282
Kevin Sutherland, $14,450	71-66-71-75—283
Danny Wax, $14,450	70-71-69-73—283

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	15	11	4	0	477	375	22
x-Hamilton	15	8	7	0	396	369	16
Toronto	15	7	8	0	286	393	14
Winnipeg	15	4	11	0	411	407	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	11	4	0	505	367	22
x-Saskatchewan	15	9	6	0	425	403	18
B.C.	15	5	10	0	384	397	10
Edmonton	15	5	10	0	304	477	10

x — clinched playoff berth
y — clinched division.
Yesterday's results
Calgary 34 Saskatchewan 26
Montreal 22 Winnipeg 19
Saturday's result
Edmonton 31 B.C. 28 (OT)
Friday's result
Hamilton 30 Toronto 3

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	29	14	9	6	36	29	48
x-Columbus	29	13	8	8	37	33	47
Kansas City	29	10	13	6	32	34	36
Chicago	29	8	12	9	33	37	33
New England	29	9	15	5	32	48	32
Toronto FC	29	8	13	8	30	39	32
Philadelphia	29	8	14	7	34	46	31
D.C. United	29	6	19	4	19	44	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	15	6	38	48	30
Chivas USA	28	8	16	4	30	38	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Saturday's results
Columbus 2 Toronto FC 2
Colorado 3 Los Angeles 1
D.C. United 0 Chicago 0
Houston 1 San Jose 0
New England 1 Kansas City 0
Philadelphia 2 New York 1
Real Salt Lake 2 FC Dallas 0
Wednesday's game
(All times Eastern)
Chivas USA at San Jose, 10 p.m.

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Chelsea	8	6	1	1	23	2	19
Man City	8	5	2	1	12	5	17
Arsenal	8	4	2	2	18	10	14
Man United	8	3	5	0	18	11	14
Tottenham	8	4	2	2	10	7	14
West Brom	8	3	3	2	11	14	12
Bolton	8	2	5	1	12	12	11
Aston Villa	8	3	2	3	9	12	11
Stoke	8	3	1	4	9	11	10
Blackpool	8	3	1	4	13	18	10
Everton	8	2	3	3	8	7	9
Fulham	8	1	6	1	9	9	9
Wigan	8	2	3	3	6	15	9
Newcastle	8	2	2	4	12	12	8
Sunderland	7	1	5	1	7	7	8
Blackburn	7	2	2	3	7	8	8
Birmingham	8	1	4	3	8	12	7
Liverpool	8	1	3	4	7	13	6
Wolverhampton	8	1	3	4	8	13	6
West Ham	8	1	3	4	6	15	6

Yesterday's results
Everton 2 Liverpool 0
Blackpool 2 Manchester City 3

GERMANY

BUNDESLIGA
Yesterday's results
Hoffenheim 3 Borussia Moenchengladbach 2
Kaiserslautern 0 Eintracht Frankfurt 3

ITALY

SERIE A
Yesterday's results
Bari 0 Lazio 2
Brescia 0 Udinese 1
Cagliari 0 Inter Milan 1
Catania 1 Napoli 1
Cesena 1 Parma 1
Juventus 4 Lecce 0
Palermo 4 Bologna 1
Sampdoria 2 Fiorentina 1

SPAIN

LA LIGA
Yesterday's results
Athletic Bilbao 2 Zaragoza 1
Deportivo La Coruna 0 Osasuna 0
Levante 2 Real Sociedad 1
Mallorca 0 Espanyol 1
Racing Santander 1 Almeria 0
Sporting Gijon 2 Sevilla 0

NFL

WEEK 6

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	2	0	.667	112	97
Green Bay	3	3	0	.500	139	112
Minnesota	2	3	0	.400	87	88
Detroit	1	5	0	.167	146	140

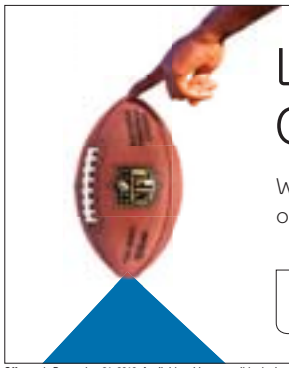
WEST

	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	3	2	0	.600	98	97
St. Louis	3	3	0	.500	103	113
San Francisco	1	5	0	.167	93	139

Byes: Arizona, Buffalo, Carolina, Cincinnati
Yesterday's results
Houston 35 Kansas City 31
Indianapolis 27 Washington 24
Miami 23 Green Bay 20 (OT)
Minnesota 24 Dallas 21
New England 23 Baltimore 20 (OT)
New Orleans 31 Tampa Bay 6
N.Y. Giants 28 Detroit 20
N.Y. Jets 24 Denver 20e
Philadelphia 31 Atlanta 17
Pittsburgh 28 Cleveland 10
San Francisco 17 Oakland 9
Seattle 23 Chicago 20
St. Louis 20 San Diego 17
Tonight's game
Tennessee at Jacksonville, 8:30 p.m.

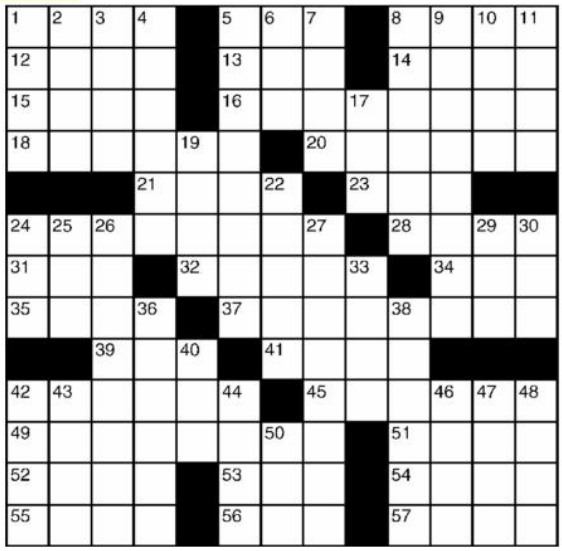
NBA

PRE-SEASON
Yesterday's results
Toronto 121 Phoenix 100
New York 92 Washington 90
Denver 108 L.A. Clippers 104
Utah at L.A. Lakers
At Sioux Falls, S.D.
Minnesota 114 Milwaukee 109
Tonight's games
(All times Eastern)
Orlando at Atlanta, 7 p.m.
Charlotte at Miami, 7:30 p.m.
New Orleans at Memphis, 8 p.m.
Oklahoma City at San Antonio, 8:30 p.m.
Portland at Golden State, 10:30 p.m.


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Crossword



Across

1 Metric measure
5 Pouch
8 Portent
12 Old Italian money
13 Mentalist Geller
14 Inlet
15 Secondhand
16 Wrist adornment
18 Member of the service?
20 Former Houston squad
21 Awestruck
23 Homer's interjection
24 Tract
28 Fork feature
31 Literary collection
32 Fully filled
34 Meadow
35 Youngster
37 Seven-line verse
39 Id counterpart
41 Round bread of India
42 Parka
45 Some hosiery
49 Bedspread
51 "American —"
52 Hastens
53 Guitar's kin
54 Mediocre
55 Blunders
56 Club —
57 Genealogy chart

Down

1 Oversupply
2 Obey reveille
3 Vicinity
4 Wild and crazy
5 Just outside the Arctic Circle
6 Schedule abbr.
7 "Bye!"
8 Spotted wildcat
9 Potential mountain?
10 Always
11 Trawler gear
17 Spanish hero, with "El"
19 Grunting sounds
22 Board
24 Greet Fido
25 Whatever amount
26 "What Not to Wear" specialty
27 Occupied
29 Born
30 Chow down
33 Crucial time
36 Exit
38 Sign up
40 Rowing tool
42 Rue the run
43 Bleak, as a film
44 Supermodel Heidi
46 Smell ...
47 ... and its detector
48 — gin fizz
50 — out a living

▶ Yesterday's answer

L	E	T	■	P	R	O	D	■	Q	U	A	Y
I	L	O	■	R	U	B	E	■	U	R	G	E
Z	E	P	P	E	L	I	N	■	I	N	O	N
A	V	I	A	T	E	■	I	N	N	■	■	■
■	■	■	N	O	R	■	Z	E	N	I	T	H
W	E	B	E	R	■	D	E	W	■	S	E	E
H	I	L	L	■	R	U	N	■	B	L	E	W
I	R	A	■	T	E	N	■	B	L	E	S	S
Z	E	B	R	A	S	■	P	E	I	■	■	■
■	■	■	I	I	I	■	E	G	G	N	O	G
H	U	N	G	■	Z	E	R	O	H	O	U	R
O	R	E	O	■	E	R	I	N	■	S	R	I
P	I	E	R	■	D	A	L	E	■	E	S	P

Sudoku

	2	9	4		8			5
	4	6						3
5			9					
1	6				9			
	8	3				9	2	
			2				8	6
					7			9
8						7	3	
6			5		3	2	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	6	8	5	1	7	2	9	4
1	5	4	2	8	9	6	7	3
2	9	7	3	4	6	5	8	1
8	1	5	4	7	2	3	6	9
6	4	9	8	3	5	7	1	2
7	3	2	6	9	1	4	5	8
4	7	3	9	5	8	1	2	6
9	2	1	7	6	4	8	3	5
5	8	6	1	2	3	9	4	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my partner in crime, you are the only one for me. I love you soooo much! xoxo
YOUR LITTLE BANDIT

Isha, I enjoyed talking with you and hope we can talk more and enjoy some time together. You have a great laugh and love of Life! You put a Smile on my face and in my heart!
HUGS :-) PAUL

My Turun Turun:) I love you! I love you! I love you! I love you! I love you! I love you! I love you! Forever and ever! Snuvvy thuvvy ! **YOUR OTHER TURUN TURUN!!!**

Michael, Happy Anniversary! Can you believe we really started with a hard boiled egg?! We've made so many memories together, and I can't wait to see what the future brings us. I love you all the way to Snugglebunnyville and back! **JENNA**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 1° Max 10°	Min -3° Max 10°	Min -3° Max 10°

Michele McDougall
Weather Specialist
BT BREAKFAST TELEVISION

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 6AM**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Be careful what you agree to today because nothing is quite what it seems. The more someone tries to persuade you that their plan is foolproof the more suspicious you should be.

♉ Taurus April 21-May 21 Your imagination will be working overtime today, but in a good way. For best results, focus only on positive thoughts

♊ Gemini May 22-June 21 Mercury, your ruler, will give you some great new ideas but don't be too eager to follow them up quickly because there are changes in the air and your aims may change too over the next few days.

♋ Cancer June 22-July 22 No doubt you have been running around doing good deeds for other people, but what have you done for yourself?

♌ Leo July 23-Aug.23 Cosmic activity in the area of your chart that governs the mind will fill your head with all sorts of outrageous ideas and one of those ideas could be worth a lot of money

♍ Virgo Aug. 24- Sept. 22 Some people are masters of deception – you are a master of self-deception. Bear that thought in mind today if you find yourself coming up with reasons why something you want cannot be done.

♎ Libra Sept. 23-Oct. 23 The signals you are getting from other people may be confusing but don't worry about it.

♏ Scorpio Oct. 24-Nov. 22 . You must be completely honest today. If you tell only half the story or if you bend the facts to make yourself look good you will actually lose out in the long-term.

♐ Sagittarius Nov. 23-Dec. 21 Common sense will be at a premium today, so don't get carried away and do something silly.

♑ Capricorn Dec. 22-Jan. 20 It's not often you lose your sense of direction but you seem to be having second thoughts about so many things at the moment. Don't worry about it. Mind planet Mercury will clarify the situation later in the week.

♒ Aquarius Jan. 21-Feb. 18 Something you see or hear today will go a long way towards restoring your faith in human nature. It seems there are still some nice people in the world.

♓ Pisces Feb. 19-March 20 You may not be aware of it yet but one of the best times of the year is about to begin. With both the Sun and Mercury moving in your favor this week all the hard work you have put in is about to pay off.
SALLY BROMPTON

Caption contest

SAKCHAI LALIT/THE ASSOCIATED PRESS



WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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2011 Dodge 1/2 Ton 4x4 #BR12533 *Free Dealer Rewards*

$22,988 $128 bw



2010 Dodge Grand Caravan #AGC0327 *Free Dealer Rewards*

$21,488

$119 bw



2010 Dodge Charger #ACH8984 *Free Dealer Rewards*

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$126 bw



2010 Dodge Avenger #AAV5372 *Free Dealer Rewards*

$20,988

$117 bw

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FEATURE



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